

Heart Marathon coming soon

by Stephen R. Scott

Background

Assuming that you are in relatively good physical shape (no known heart or respiratory problems) and your knees aren't completely shot, your program should only begin after considering the following suggestions.

1. Buy a good pair of running shoes (if you don't own a pair already) NIKE, BROOKS, NEW BALANCE, REEBOK, etc.

2. Make sure you have adequate clothing to train in the foul weather. Splash suit, hat, mitts, gloves, etc.

3. When forced to run on the street due to snow and ice, please make sure you face the oncoming traffic and train in an area where traffic is minimal.

4. If training at night please wear reflective clothing and have a partner if possible.

5. Begin your run into the wind if cold and wind are a factor so that you don't have to fight the elements when you are tired.

The Program

Depending on your overall condition, you should consider your first two weeks carefully.

a) four times a week should be plenty

b) a combination of walking and jogging is a good one (half and half)

c) always try to work on the easy/hard approach. Day one should be shorter and easier than day two for example

d) train every other day. Mon. Wed. Fri. Sun. for example.

e) your daily workout should consist of 30 minutes of exercise including warming up and cooling down

f) stretching before and after your workout is very important. Stretches should be held for about 10 seconds. No

bouncing. Focus mainly on your lower body muscles. Stretching will keep the muscle soreness down somewhat.

g) the distances you cover should not exceed two miles per day and don't run fast.

By the start of the third week you should, depending on your overall condition, be able to run all of your workouts.

During the phase of the training be prepared to begin hurting a little bit. You will still be training four days per week but more intensely.

a) your workouts should last about 40 minutes each and they will include warming up and cooling down stretching exercises.

b) don't increase the speed of your runs too much, if you can't carry on a conversation as you run you are going too fast - slow down

c) the distances you run will probably be in the vicinity of three miles twice a week and two to two and a half the other two days. This will give you about 10 or 11 miles per week.

This will bring your first four weeks of training to a close. With it may come several nagging injuries such as shinsplints, the odd muscle pull, perhaps sore ankles or just general soreness. Don't worry, be happy, you are progressing just great. For most of these types of injuries, ICE two or three times a day for about 15 minutes each time will do wonders.

Building Endurance

Since your immediate objective is to do the 6.5 mile event in the HEART, you will have to do some longer runs to build up your endurance. For this stage of your training you will be running five days per week instead of four.

The following schedule is meant as a general guide and

one that should not pose too many difficulties. Please note the days that you devote to this training schedule can be altered depending on your schedule. One rule of thumb that you should follow, however, is to use your days off just before your longer runs each week.

If you are able to follow this kind of training schedule, then you should have no difficulty completing the quarter marathon (6.5 miles) at the HEART. As a matter of fact this schedule will determine for you whether or not you would like to keep on running.

Good luck with your training.

P.S. This particular training program is a nine week one, but the reader should be aware that, depending on physical condition, most people will be able to start the program at week two or three and progress far enough along to make

Training Schedule

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Mon	2 miles	2 miles	3 miles	3 miles	3 miles
Tues	Rest	Rest	Rest	Rest	Rest
Wed	2 miles	2 miles	2-2.5	2-2.5	4 miles
Thur	Rest	Rest	Rest	Rest	Rest
Fri	2 miles	2 miles	3 miles	3 miles	5 miles
Sat	Rest	Rest	Rest	Rest	Rest
Sun	2 miles	2 miles	2-2.5	2-2.5	3 miles
Tot.	8 miles	8 miles	10-11	10-11	15 miles

Training Schedule

Day	Week 6	Week 7	Week 8	Week 9
Mon	3 miles	3 miles	3 miles	3 miles
Tues	4 miles	6 miles	6.5 miles	4 miles
Wed	Rest	Rest	Rest	Rest
Thur	5 miles	3 miles	4 miles	2 miles
Fri	4 miles	4 miles	5 miles	Rest
Sat	Rest	Rest	Rest	Rest
Sun	Rest	2 miles	3 miles	6.5 RACE
Tot.	16 miles	18 miles	21.5 mi.	20.5 mi

BRUNSWICKAN EDITORIAL BOARD ELECTIONS

TUESDAY APRIL 2, 1991, 5:00 P.M.

BRUNSWICKAN OFFICES, SUB, UNB.

SUFFERING? FROM STIFF OR SORE NECK, SHOULDERS OR UPPER BACK?

UNB Institute of Biomedical Engineering together with Douglas D. Smith, MD are doing clinical trials of a new non-invasive treatment procedure to verify anecdotal claims of benefit particularly for pain involving the neck and back at

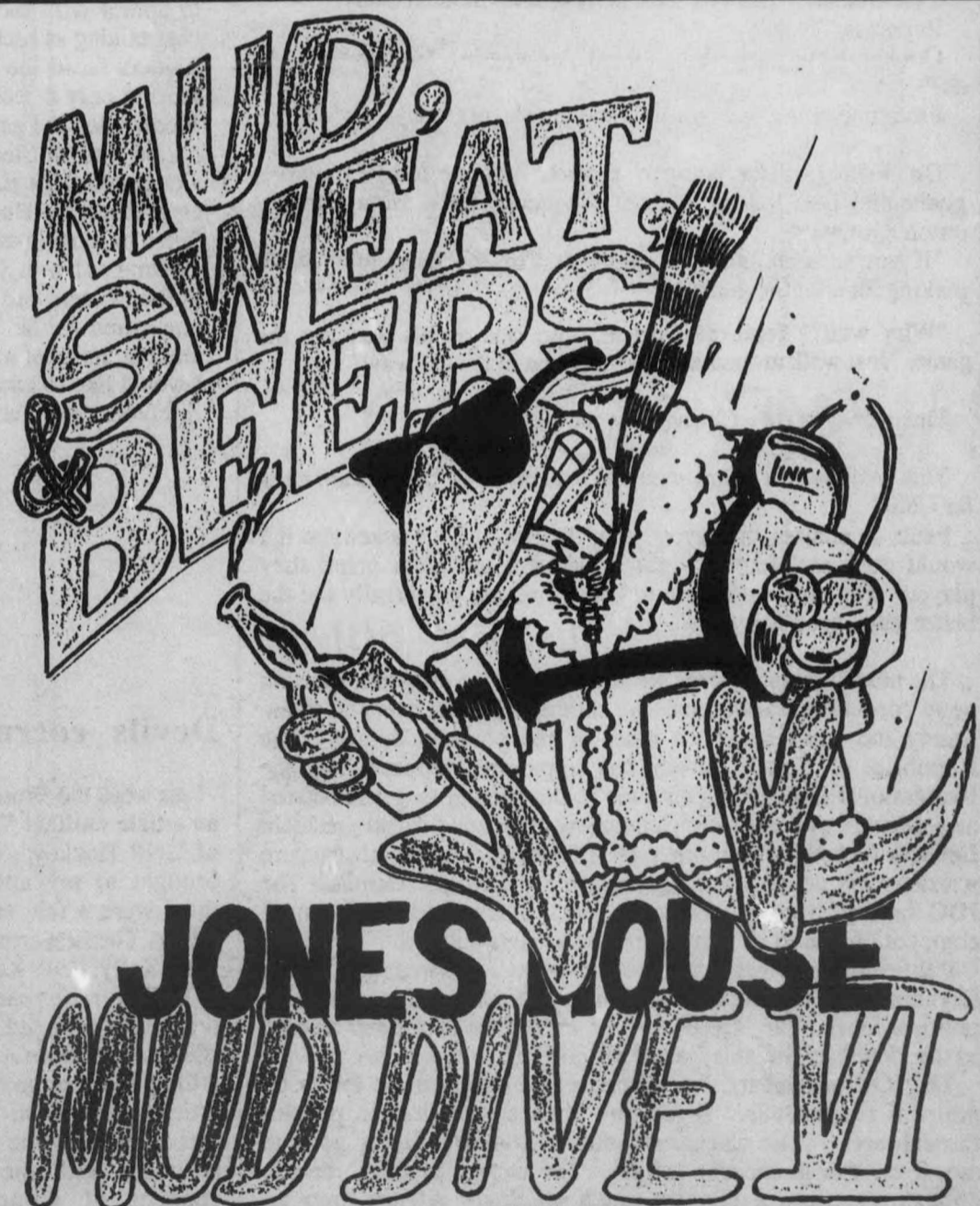
FOREST HILL REHABILITATION CENTRE
in Fredericton.

Treatment sessions involve 50 minutes per day for two weeks (weekdays), then two weeks off and then two more weeks of treatment. Simple measurements of neck mobility and back extension will be made before and after each treatment.

Appointments are available for afternoons (and possibly evenings) during April-May or June-July, 1991.

For further information contact:

UNB Institute of Biomedical Engineering - 453-4966
to schedule appointments contact Mrs. Alice Irving at
Forest Hill Rehabilitation Centre - 458-8353



"Wake Up and Smell The Mud"

Friday, April 5th, 1991 7:30 p.m.